

Grimes Parks & Recreation Department

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www.grimesiowa.gov



Grades 3-4 Grimes Rec Basketball League Rules

1. Scorekeepers, Facility Supervisor, and Officials will be on hand.
2. 9-Foot Baskets and 28.5 Basketballs used.
3. Half Court, Man to Man Defense Only,
4. Play defense with your feet- No reaching in. Can only take ball away in the lane.
5. Two 20 minute halves with a 5 minute half-time - Running Clock
* Stop the clock the last 2 minutes of each half.
6. No Double Teaming unless in the lane.
7. Everyone plays the same amount of time.
8. Shake hands after the game
9. Jump ball starts the game, alternate possession after
10. Use time-outs as need. Max of 3 per game.
11. No 3-point goals
12. Shoot free throws on shooting fouls only in the last 2 minutes of the game. Otherwise, the ball is taken out of bounds. Coaches will sub if a player continuously fouls.
13. Score will be kept. If a game becomes lopsided (more than 20-point lead), the scorekeeper will stop keeping score. In the case of a tie, overtime will be two minutes. One more timeout is given for each team. 2nd OT is sudden death.

SPORTSMANSHIP IS STRESSED AMONG PLAYERS, COACHES AND FANS.